

# Guardian

Volume 12, Issue 1

Produced for Personnel of KFOR Multi-National Brigade (East)

February 23rd, 2005

## **MEDCAP** **MISSION**

***Deployed Soldiers Network  
up and running***

**“Watch Your Six”**



**SAFETY FIRST**

**Use a Ground Guide**



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PHOTO BY SPC. LYNETTE HOKE



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### On the Cover:

Col. Stan Flemming, outgoing Task Force Med commander, conducts checkups at Klokot/Kllokot MEDCAP.

COVER PHOTO BY SPC. ALICIA DILL



## Diversity fuels success

Welcome, KFOR 6B soldiers! My name is Sgt. 1st Class Andrew Boutell and I will be your Equal Opportunity Advisor for the next year while you are in Kosovo. I have two primary functions while serving here in the province. The first is to advise the command on issues regarding Equal Opportunity; the second is to assure that soldiers are able to work in a hostile-free working environment where you are rewarded based on your performance and dedication. Your mission here in Kosovo is far too important for you to be distracted from your duties due to someone else's unprofessional behavior. I am YOUR representative in matters concerning sexual harassment, racial discrimination, gender bias, and religious issues.

I am here to assist you in filing both formal and informal complaints. It is my promise to you that I will respond to your issue in a timely manner. Brig. Gen. Wade has assured me he has a 'zero tolerance' policy towards discrimination which it is my obligation to enforce. All Soldiers are legally protected from the threat of any reprisals due to an EO complaint.

It is important for you to know that you have options available to you when a grievance occurs. First off, it is recommended that you try to solve all issues within your chain of command. If you are not satisfied with your chain's response or if your grievance involves your chain of command, then you have other avenues to seek resolution. Depending on the circumstances of the situation, you may choose to seek help from any of the following: a Higher Echelon Commander, the Inspector General, the Chaplain, Staff Judge Advocate, the Provost Marshall, Medical Agency Personnel or myself, the Equal Opportunity Advisor.

Each unit at the company level



will have an assigned Equal Opportunity Representative who may be able to assist you in determining if you have a legitimate grievance, but they are not authorized to conduct investigations into EO complaints. Furthermore, I am available to help with questions or concerns regarding the Army's Equal Opportunity Program.

Diversity is the fabric of a successful military. In today's Army, there is no room for discrimination or harassment based on race, color, religion, gender, or national origin.

If you are interested in becoming an EO Representative for your unit, I encourage you to stop by and see me. I am located in building #1340D, room #D5N, and can be reached by telephone at #5002. ✪



*Sgt. 1st Class Andrew Boutell is the equal opportunity advisor and can be reached at [andrew.boutell@us.army.mil](mailto:andrew.boutell@us.army.mil)*

# Guardian

Produced for Personnel of KFOR Multi-National Brigade (East)

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# Quicktime

## Defense Secretary reminds troops, "America supports you"

Defense Secretary Donald Rumsfeld sent heartfelt appreciation to U.S. servicemembers as part of "America Supports You" program and a reminder that the country is united behind its men and women in uniform.

"I simply want you to know that our country cares a great deal about you," the secretary said during his taped message, being aired on the Pentagon Channel and the America Supports You Web site

"We are so fortunate to have men and women — you, to be specific — willing to put your hand up and volunteer to serve your country," Rumsfeld added. "We thank you for it, and you should know in your heart that America supports you."

The secretary's comments follow

after a commercial that aired during the Feb. 6 Super Bowl game. The ad showed a group of servicemembers walking through an airport terminal. People stood and started applauding them for their service to the country.

The America Supports You program started in November to show the many activities taking place across the United States in support of the troops. The Web site, which highlights local and national support efforts, has logged more than 1 million "hits."

The site is a useful tool in helping to link people and programs that support our troops. The website allows people to share stories of support with the people who need to hear those stories most — the men and women serving overseas. ✱



"We are so fortunate to have men and women — you, to be specific — willing to put your hand up and volunteer to serve your country," said Defense Secretary Donald Rumsfeld.

## States boost troops' benefits

States increasingly are offering more generous benefits to troops on active duty and their families, including perks such as tax breaks, free child care, life insurance policies and antelope hunting licenses for the children of servicemembers.

Factors driving the new laws: a renewed patriotism and the desire to ensure that troops can concentrate on fighting the war without worrying about life back home.

Since 2002, the number of such laws has more than quadrupled — from five in 2002 to 11 in 2003 to 22 in 2004, according to the National Conference of State Legislatures. Eighteen new bills have been introduced this year.

After the Sept. 11 terrorist attacks, every state began providing some kind of new benefit to servicemembers. Some granted extensions for filing taxes; others waived exams for driver's licenses. But the more recent laws seem to address more practical problems

families might encounter when someone is overseas for a long time.

This month, New Mexico bought each of the state's National Guard members \$250,000 in life insurance. As a result, says Billy Sparks, deputy chief of staff for Gov. Bill Richardson's office, 22 other states have called to get information and are considering similar benefits. Among them: New York, which has introduced a bill that would provide a \$1 million death payout to survivors of those who die on active duty.

At least 19 states have introduced or passed bills establishing relief funds for military families. The accounts help with housing or medical expenses, or provide grants for retraining and college tuition. States pay for the accounts by allowing residents to check a box on their tax returns and contribute a dollar, or donate a portion of their tax refunds. Indiana has proposed a special drawing of the state lottery to help funnel cash into its military-family fund. ✱

### Among other new perks:

- \* Louisiana offers discount car insurance through tax credits.
- \* New York provides burial allowances.
- \* Kentucky stopped charging members of its National Guard fees for birth or death certificates.
- \* South Dakota allows the children of active military personnel licenses to hunt deer and antelope.
- \* California has created the Helping Heroes Child Care Program, which provides free child care for families with a parent deployed to Iraq. But it is contingent on congressional approval of a child care program

# MWR Offers Free Time Options



PHOTO BY SPC. LYNETTE HOKE

*Soldiers are entitled to the same quality of life as is afforded the society they are pledged to defend. Keeping an Army ready to fight and win takes more than hard work and training. Soldiers need a balance of work and play. —Morale, Welfare, and Recreation*

Above Sgt. Ronald Boles shoots pool in North MWR facility. Bottom left, one Soldier gets ready for his boxing class at the south gym. Top right photo, picture of the outside of the south MWR center, middle right photo, A Soldier uses the Internet at the south MWR center. Bottom right photo, several of the participants for the Halloween 5k take off to start the race.

## MWR FITNESS CENTERS

Soldiers in need of a place to do their physical training can use any of the three MWR fitness centers in Camp Bondsteel. All three are open 24-hours-a-day and feature facilities with treadmills, stair-steppers, and stationary bicycles. A full line of assisted-weight equipment, free weights and a boxing station are also offered. They are located at north, south and mid-town. They also hold bodybuilding, bench pressing and other sports competitions there. At Camp Monteith, the

fitness center operates 24-hours-a-day, and offers a wide range of exercise equipment. After their workout, Soldiers can visit the in-facility juice bar to cool off. The fitness centers also have indoor basketball courts that can be used for indoor sporting events. If Soldiers are working towards a perfect score on their next Army Physical Fitness Test, or simply shooting some hoops, they should give the facilities a try.



PHOTO BY SPC. LYNETTE HOKE



## MWR Nightlife

Throughout the year MWR hosts a number of nightly activities, not limited to:

- Karaoke and Disc Jockey music—featuring rock, pop, R&B, country, and others.
- Open mic nights — where Soldiers can read a poem, sing a song if they have one, or just ‘free-style’ on the mic.
- Bingo — with prizes like MWR t-shirts and CD cases for the winners.
- “Sumo Wrestling”—where two

people try to knock each other out of a ring wearing large, padded suits.

MWR also brings live entertainment to the task force at least 2 to 3 times per month in the summer. These include different kinds of music, comedy shows, theater shows, and variety and international bands. To see what is scheduled to happen, check the local bulletin boards found throughout both bases.



PHOTO BY SPC. IAN BLAKE



PHOTO BY SPC. LYNETTE HOKE

## MWR LIBRARIES

Need a place to study? Want to read a good book? Then check out the MWR library. All books (including audio-books) are free to take. They even carry magazines, issues of Reader's Digest, comic books, and newspapers for borrowing. One library is located on the second floor of the South Recreation Center and on the first floor of the North Recreation Center in Camp Bondsteel and at the Recreation Center in Camp Monteith. They operate 24-hours-a-day.

Soldiers with questions about MWR and its events can contact the following personnel:

- MWR Chief LaVon Washburn:

781-4137

- Lead Programmer: Harold Williams: 781-5072.

- Entertainment, Tours and Marketing Specialist: Kitrina Codrey 781-4132.

- Lead Programmer at Camp Monteith: Anthony Mullings 782-7309

- Southtown Fitness: Edward Winters: 781-3187

- MWR Representative for Pristina/Prishtina: Adrian “AJ” Jones: 781-5815

Any one of these individuals will be willing to answer any questions about MWR.

## MWR OUTDOOR EVENTS

There are two outdoor beach volleyball courts, one outdoor basketball court, four horseshoe pits and a golf driving cage, all located next to the south fitness center. Weather permitting: MWR sponsors outdoor volleyball, basketball, soccer and soft-

ball competitions throughout the year. They also sponsor five-kilometer and ten-kilometer runs and marathons. Camp Monteith has outdoor basketball courts, plus an athletic field big enough for football and soccer. There is a one-fourth mile paved track around it.



PHOTO BY SPC. IAN BLAKE

## New food pyramid to be released

Eating a healthy balance of nutritious foods continues as a central point in the Dietary Guidelines, but balancing nutrients is not enough for health. Total calories also count.



More than ten years ago, the U.S. Department of Agriculture created the Food Guide Pyramid. This simple illustration show what the USDA says are the elements of a healthy diet. The Pyramid is taught in schools, appears in countless media articles and brochures, and even shows up on cereal boxes and food labels.

The Healthy Eating Pyramid takes into consideration the research conducted during the last ten years that has reshaped the definition of healthy eating.

This document, which by law must be revised every five years, aims to offer sound nutrition advice that shows the latest scientific research. This research is aimed at helping the average person and Soldiers choose a balanced and healthy diet.

The Dietary Guidelines for Americans set the standards for all federal nutrition programs, including the school lunch program, military dining facilities and helps determine what food products Americans buy.

The sixth edition of *Dietary Guidelines for Americans* places stronger emphasis on reducing calorie consumption and increasing physical activity. This joint project of the Departments of Health and Human Services and Agriculture is the latest of the five-year reviews required by federal law. It is the basis of federal food programs and nutrition education programs and supports the nutrition and physical fitness

pillars of President Bush's *Healthier US Initiative*.

Eating a healthy balance of nutritious foods continues as a central point in the *Dietary Guidelines*, but balancing nutrients is not enough for health. Total calories also count. The 2005 *Dietary Guidelines* place a stronger emphasis on calorie control and physical activity.

The *Dietary Guidelines* provide health education experts, such as doctors and nutritionists, with a compilation of the latest science-based recommendations. Reader friendly materials such as brochures and Web sites will assist the Soldiers in understanding the scientific language of the 2005 *Dietary Guidelines* and the key points that they can apply in their lives. To highlight those points, a brochure accompanies the 2005 *Dietary Guidelines*. USDA's Food Guidance System also will serve as a tool to educate people on the *Dietary Guidelines for Americans*. The Food Guidance System, currently called the Food Guide Pyramid, is undergoing revision and will be released in the spring of 2005.

### Key recommendations for the general population

#### ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while

choosing foods that limit the intake of saturated and *Trans* fats cholesterol, added sugars, salt, and alcohol.

- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

#### WEIGHT MANAGEMENT

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

#### PHYSICAL ACTIVITY

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.

- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days



of the week while not exceeding caloric intake requirements.

- To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

#### FOOD GROUPS TO ENCOURAGE

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.

- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

#### FATS

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible.

- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

- When selecting and preparing meat, poultry, dry beans, and milk or

sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.

- Reduce the incidence of dental cavities by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

#### SODIUM AND POTASSIUM

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.

- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

#### ALCOHOLIC BEVERAGES

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.

- Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.

- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

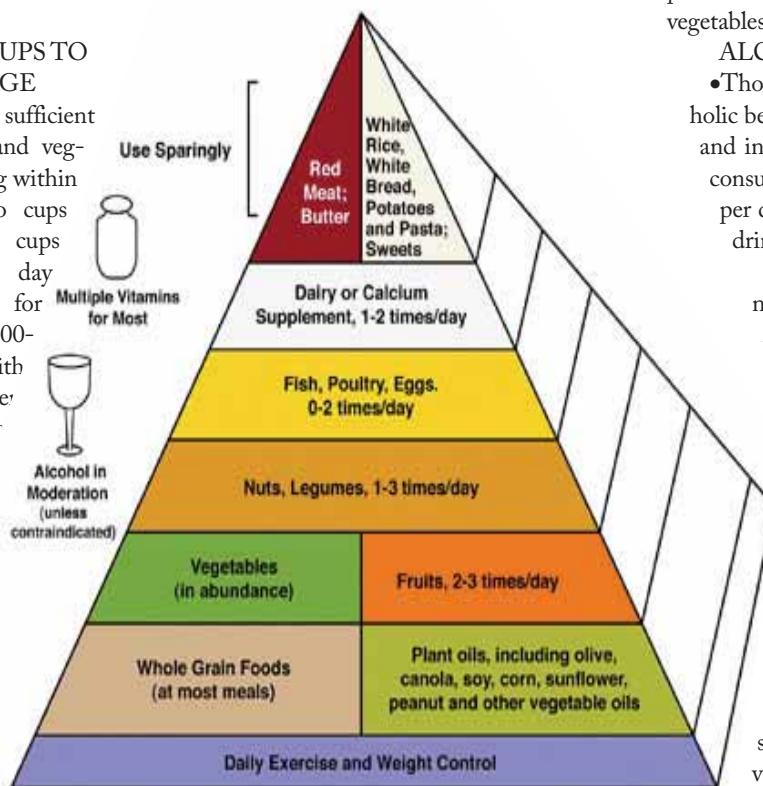
#### FOOD SAFETY

- To avoid microbial food borne illness:

- Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.

- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.

- Cook foods to a safe temperature to kill microorganisms. ★



The Healthy Eating Pyramid takes into consideration the research conducted during the last ten years that has reshaped the definition of healthy eating

milk products, make choices that are lean, low-fat, or fat-free.

- Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.

#### CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.

- Choose and prepare foods and beverages with little added sugars or caloric

## Pioneer Project in Bondsteel

*Deployed Soldiers Network is launching a service that will let Soldiers access the internet in the comforts of their own room.*

A technician with the Deployed Soldiers Network climbs one of the seahuts to put an antenna on the roof of the building for better signal.



PHOTO BY SPC. LYNETTE HOKE

In the days of the Revolutionary and Civil War, Soldiers were only able to send a message home to family and friends no faster than the pony could ride. In the 21st century, most service members are allotted the luxury of sending messages home in seconds via internet access.

With today's technology, Soldiers are faced with the factor of waiting in long morale welfare recreation (MWR) lines for a short 30 minutes of internet access time and with minimal privacy. Given the opportunity, most would prefer the leisure of viewing photos of family and friends and reading emails from loved ones in the comfort of their own quarters.

Currently, Soldiers and other personnel at Camp Bondsteel have recently been offered an alternative to waiting in line at the MWR Center or dealing with filtered access at the office. Army Air Force Exchange Service (AAFES) has brought the contract internet provider, Deployed Soldiers Network (DSN) to Camp Bondsteel.

"The primary mission of DSN is bringing deployed Soldiers one step closer to home," said president and owner of DSN, Patrick Pellegrino.

DSN is an internet provider that was started by veteran service members for active service members who are away from their family on deployment.

According to Alex Panev, DSN Project Coordinator, the project proposal of DSN estimate that availability will be extensive, creating wireless internet access that covers the AAFES courtyard, coffee-bar, volleyball courts, South, Mid, and North Towns, and the Brown and Root Living areas.

Customers that sign up for the service will need a wireless access card; if used properly a user can access the network without having any wires. A wireless internet card will give you the same results except with increased speed just like a modem when the internet started.

DSN launched the availability of the service to Camp Bondsteel in December. Customers will have the option of purchasing daily, weekly, or monthly access. According to the DSN project proposal, the longer the access option the less expensive the service will be.

The company has already had some satisfied customers. "You guys made my Christmas, because I was able to see my wife and my kids on webcam for the

first time in six months. I was so happy," one Soldier said, according to an email from DSN Customer Service.

Although, with every brand new business, DSN has some kinks to work out with the service it offers. Some Soldiers have been experiencing dropped connections and lulls in accessibility.

Currently, the main access problem with the service access is the data stream. The newly produced wireless internet signals are fighting for room with all other signals on base. Even something as simple as a microwave, cordless phone, or other device producing wireless frequencies can create noise that will interfere with sending and receiving of signals from a laptop to the network. DSN technicians recommend operating away from those devices.

The problem can be easily compared to a couple of friends on opposite sides of a crowded theater, according to Panev. In a crowded theater, the two people can't hear each other on opposite sides with all the noise created by everyone else. If given a megaphone, the sound rises above everyone else and the two people are able to communicate. Just like with the theater, if you

See DSN, pg 22

## What Makes the Army: Soldiers

*The Army way of life changes more than the Soldier and in the case of Cpl. James Ritterbeck, it affects the whole community.*

Cpl. James Ritterbeck poses for a photograph with some local children in Kosovo.



PHOTO COURTESY OF CPL. JAMES RITTERBECK

### Why did you join the Army?

There are a lot of reasons and the first is I am very patriotic. It just seemed to be the right thing to do so I joined a year after the September 11 attack. I also joined for the college assistance. I grew up on a farm where we had to work for what we wanted. I wanted to go to school, but at the time I was working two jobs so I couldn't. When I joined I chose Psychological Operation (PsyOp).

### Why PsyOp?

I was in the recruiter's office to join as a 76F – Petroleum Field Supply Specialist, when I began flipping through a book he had there. The page I opened to was the PsyOp page and I was like "that's what I want". It has all worked out for the best.

### How long have you been working in PsyOps?

I have been working here in PsyOp since May 2004. I have done a lot of PsyOp training. After Advanced Individual Training things got really busy.

### What do you do as a PsyOps Team Leader?

We do so many things and what we do here will be different from what PsyOp might do in Iraq or somewhere else. We work with the media a lot and we work with children. I believe if we can help the children and have faith in

them, then we will be keeping the peace here in Kosovo.

Full Name: James A. Ritterbeck  
DOB: April 10 1983  
MOS: 37F – PsyOp Team Leader  
Hobbies: Weight lifting, Reading,  
Hometown: East Canton, Ohio  
Unit: 321<sup>st</sup> Psychological Operations  
Rank: Corporal

### When did you come to Kosovo?

May 15, 2004 and I volunteered for another rotation last September.

### Why did you volunteer to do another rotation?

I volunteered so that I will be able to save more money for school when I get home. I want to get a degree in Geology.

### What is a day in the life of Cpl. Ritterbeck like here in Kosovo?

We roll out the gate about 8:30 a.m. and visit the schools. We deliver magazines, pens, and other products for the children. Our day might include talking to the townspeople where our task force conducted a cordon and search operation. When something like that

happens we try to find out how the people feel about KFOR and what we are doing. I also work with local radio stations. I really enjoy working with them. We provide them with public service announcements (PSAs) and there are some radio shows we do. I act as the DJ with an interpreter translating. During the show I will play music, take requests, and sometimes have guests like local artists.

### With all the different things you've done in your career, what has been the highlight?

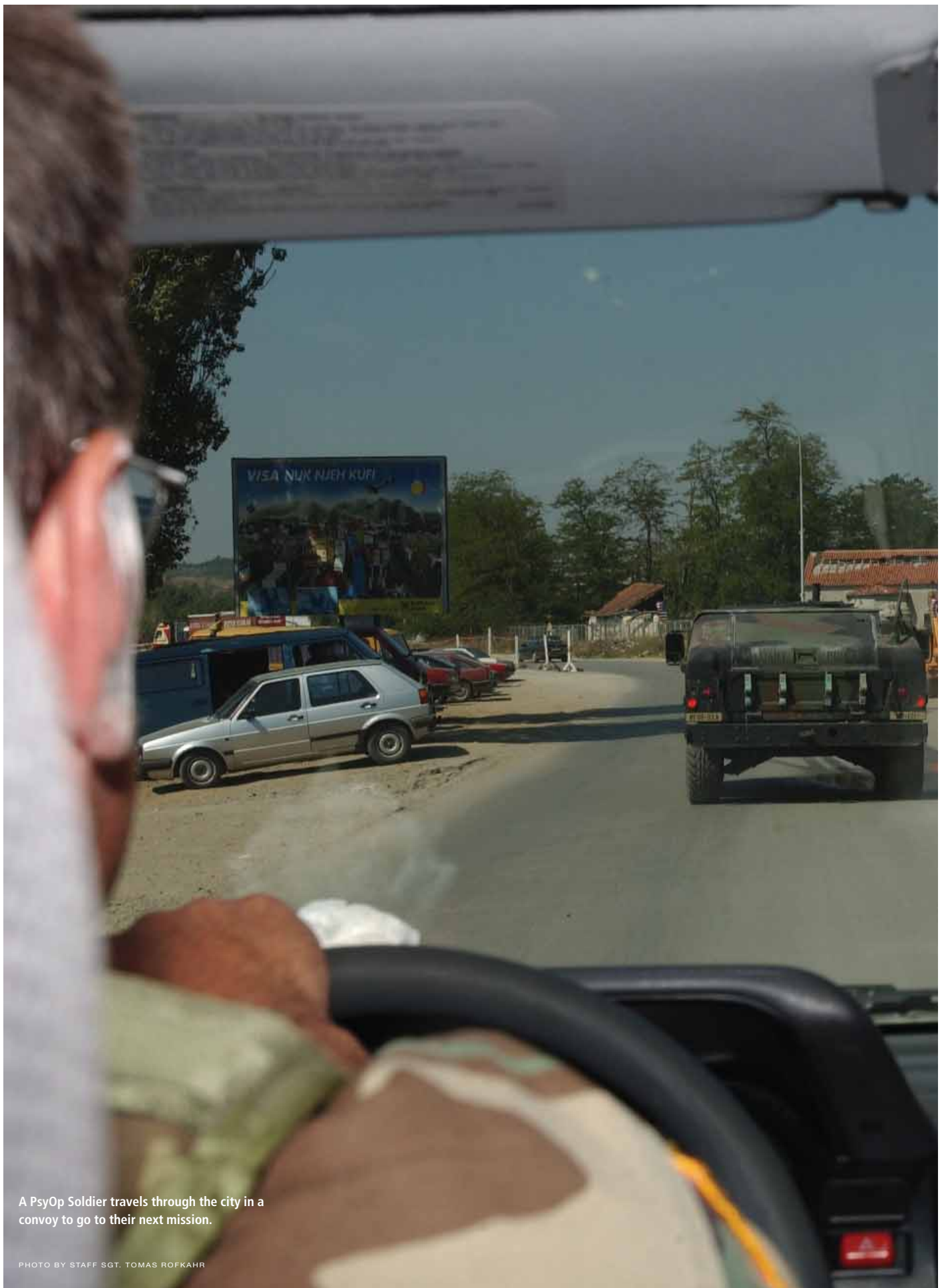
Trying to pick one thing as the highlight of my career would be really hard. I like the Army and it has been really good to me. There is always something new. Things change and I get to do something different every day. I get to do a lot and see a lot. I get to go out and meet interesting people. If there was anything one thing that sticks out in my mind as a highlight though it would be the people I work with. It's good to be working with people that know their job and are willing to teach it to others.

### Have there been any significant low points?

Well, no one likes to be out in a

See Ritterbeck, pg 22





A PsyOp Soldier travels through the city in a convoy to go to their next mission.

PHOTO BY STAFF SGT. TOMAS ROEKAHR



PsyOp

# Rolls On

*Story by Sgt 1st Class Bill Brockberg*

Among the many foot patrols, and other similar missions involving U.S. KFOR, interacting and conversing with residents can be a meaningful and often memorable experience. With the 321st Psychological Operations Company (Tactical Detachment) of the Cleveland, Ohio Reserve unit, patrols carry a tactical or mission-oriented emphasis to help KFOR achieve its mission of providing a safe and secure environment.

The 321st PsyOp Detachment consists of a little more than 10 Soldiers, most of whom began their Army careers in different military occupational specialties.

"We're a hodgepodge of different PsyOp units," said Staff Sgt. Jason Frederick, senior non-commissioned officer of the 321st at Camp Monteith. For some unit members, this makes their third deployment and may include two rotations to the Balkans. Unit members have





PHOTOS BY STAFF SGT. TOMAS ROFKAHR

Above, Three soldiers from the PsyOp team talk with the local people during an operation in a village. Right, One Soldier takes the time to help a young man with medical attention. It's common to see the PsyOp team out in the villages. It is one way to get the pulse of the people about opinions of KFOR.

rotated into Kosovo a few Soldiers at a time, some arriving in May and December 2004. Company Commander Maj. Jeffrey Chapman has been here on and off since the fall of 2003, according to Frederick.

The 321st PsyOp Company maintains a busy schedule, mostly going out on foot patrols five or six times per week.

"We're a force multiplier," Frederick said. "During peacetime we have product magazines we hand out, as well as leaflets."

Frederick explained PsyOp acts like the eyes, ears and voice of the Task Force Commander, letting the local populace know the Commanding General's views and opinions on how to build a better Kosovo. The Detachment collects views and opinions with area residents to get an idea of what the attitudes are in the villages in the MNB-E sector and find out what complaints and problems residents have.

Maintaining peace through understanding is our way of being a "force multiplier," and to have Kosovo citizens work together toward a better future, said Cpl. James Ritterbeck of the 321st, Camp Monteith team.

Creating the understanding and the positive interaction with the local people includes a wide array of variables and

procedures to get the required results. "We don't have a typical day, each day is different," said Sgt. 1st Class Jason Redd, Detachment NCOIC. A prevailing attitude may differ from one village to the next and different situations or events also shape attitudes and behavior.

Adaptability and flexibility is key for the 321st PsyOp mission. Whether out on patrols, support missions for line companies, or reacting to civil disturbances, PsyOp Soldiers adapt to the immediate incident. "Our training for this mission is constant," Frederick said.

"Back in the States, every training drill is geared towards a PsyOp mission. In our schools and unit training, they try and prep us for these missions, but until you actually get out there, you don't know how people will react. Just like in Iraq, our training can only go so far, but when our missions actually kicked off, that was the best training we had. We had to be flexible," explained Frederick.

"We collect and disseminate information," Frederick said. "We were out with a cordon and search team, (Task Force Shield in early January) that was us in Drenovce/Drenoc with our loudspeakers."

How the 321st disseminates information varies, just like their personal conversations with area residents.

One of the tactical missions for the detachment is to assist in civilian riot control by broadcasting messages and information to the demonstrators, Ritterbeck said, referring to the loudspeakers mounted on a humvee used for crowd control and noisy situations. "A lot of times (during civil disturbance), we will be the first ones out in a crowd, trying to find a key leader, get a hold of him and get him to quiet the crowd or disperse his people," said Ritterbeck.

Collecting and disseminating information is also done through radio shows. "With our radio programs, we put out popular music or what kids want to listen to—as well as us," Frederick said. "We take questions from callers and if we can answer them we will."

Expanding the programs may help achieve a long-term goal of reaching multi-ethnic harmony. "The goal is to get more kids to come to the shows—a multi-ethnic radio party," explained Ritterbeck. "We're not there yet, but that would be a goal – to do a remote radio show and have Serbian, Albanian, Roma students at the show."

In the future, PsyOp missions will perform missions to assist in keeping everyone safe, boost morale and contribute to a better understanding of everyone involved here.





*See PsyOp, page 22*

## Understanding the people of Kosovo

*While there are many differences between the KFOR Soldiers and the local populace there are also many similarities.*

Whose truth? Which truth? Sometimes facts can mean different things to different people depending on their perspective. This is not necessarily a contradiction, but rather a different viewpoint as a result of one's background, education or frame of reference. In the case of Kosovo, this can be illustrated by competing perceptions of majority and minority populations.

In the province of Kosovo, the pre-war population of about 2 million included about 200,000 – 250,000 Serbs, according to Drita Perezic, Task Force Falcon Cultural Advisor (CULAD). This points to a very strong majority of Kosovo Albanians. "If we take this a step further, if I were a Serb, looking at myself and my relationship to Kosovo, what I would look at are the republic boundaries and borders that create something called the Republic of Serbia, of which Kosovo is still technically a province," said Perezic. "In this scenario there are 9-10 million Serbs and 1.5 million Albanians. As a Serb, I would see myself as a majority and the Albanian as the minority. As you will find out in Kosovo no one wants to be the minority."

### The Ethnic Lens

In Kosovo, a group's perspective can be their reality. The facts might be the same, but the perspective they are viewed from can differ greatly said Perezic. This perspective can be shown by what Perezic calls the "ethnic lens." "What I was trying to illustrate, by what we call the ethnic lens, was the difference in perception amongst the Serbs and Albanians when it comes to their respective place in Kosovo; what Kosovo means to them; what they feel they're entitled to," said Perezic. The ethnic lens can filter



out the whole story, or give a one-sided picture depending which one you are looking through. "There are two very different ways of looking at each other," said Perezic. "For us as Americans, nothing should be better or worse when it comes to the local population. Things are just different. Nothing is more or less appropriate or inappropriate it is not our place to decide what right looks like for these people. As outsiders, we can't make judgments per say on these types of things. For the local population these perceptions can be very emotionally charged particularly when it applies to things like history or demographics."

"The local population generally tends to understand that for us at least, impartial means we will do things a certain way across the board," said Perezic. "And whether you're green, purple, orange, yellow or whatever, if you're on the right side of this, everything's okay. If you're on the wrong side of it everything's not okay. Within our mandate, we should not change what we do as American Soldiers as part of this NATO mission simply because someone might see it as this or that. We should try to understand their perceptions."

Differences exist between groups, but that is only one aspect that Soldiers

should consider when working in Kosovo – and taking divisions into account does not necessarily mean changing your mission. “You have to think about a number of different things,” said Perezic. “You should do whatever it is you’re doing based on your mission, Commanders intent, task and purpose and so forth. You should be the soldier you were trained to be”

One of the best ways to help Soldiers think about issues is to develop and plan ways to be consistent regardless of what the ethnicities are. “That’s the key to it: be consistent,” said Perezic. “It’s just about the way we go about dealing with issues as we come across them.” “Remember,” said Perezic, “Kosovo is new to you, but you are not new to Kosovo. The local residents have seen over 12 rotations and know a professional soldier when they see one.” Where issues do crop up, it may not always be fair

to split assets evenly between Serbs and Albanians. For example, with the population in Kosovo heavily Albanian, giving half of something to the 90 percent majority and half to the 10 percent minority may not right for the situation. For example, is it fair to donate 4 chalkboards for Albanian schools and four chalkboards for Serb schools, when there are nine Albanian schools for every Serb school in a certain town? Maybe you are operating in a pure Serb area or even in an area that has more Roma and Ashkalia than Albanian or Serb. “In other words a 50/50 split is not necessarily being fair”

says Drita. “There are a lot of people who have suffered trauma on all sides of this conflict. It is inappropriate to attempt to quantify pain and suffering,” added Perezic. “We should treat everyone with dignity and respect, period. We should

but they are secular, non-practicing,” she added. “They don’t generally tend to use religion as an element of identity. We should not view Islam in this part of the world with the same ethnic lens as with the Middle East. Albanians come from a Roman Catholic heritage.”

#### Building Relationships

Regardless of background, treating people fairly can also build on the previous rotations’ work and continue to build positive relationships.

Additionally, being impartial can also build bridges in communities where two sides are having difficulty working together. Sometimes Soldiers can participate in solving problems by just being the neutral party. “When these people interact with each other directly, it may not necessarily be acceptable to their respective ethnic groups,” said Perezic. “They can say, ‘the KFOR guy came and he had this idea, and I figured I would listen to him, let me give it a shot, let me see what he has to say.’”

“For the most part people admire and respect

us and appreciate our presence,” said Perezic. She added that all the peoples of Kosovo as well as previous KFOR rotations have been working together for many years.

“Believe it or not, there is a lot of common ground for everyone to work with. So, when you go to Kosovo, you may be surprised to find that they’re actually not that different from each other and not that different from us when it comes to certain things such as: respect for family, educational goals, the desire to give your children a better future and being overly excited about who made the NBA playoffs.” concluded Perezic. ■



Drita Perezic, Task Force Falcon Cultural Advisor poses with local school children. Photo courtesy of Drita Perezic.

be impartial in dignity and respect.” Even though there are many differences between ethnic groups, Soldiers should be aware of the tensions in Kosovo are not religious in nature.

#### Religion

“Religion becomes another one of those elements of identity, particularly for the Serbs, because the Serbian Orthodox Church is a national church,” said Perezic. “So it is closely linked with a sense of identity.”

“For the Albanians, religion is very, very differently perceived. The majority of Albanians happen to be Muslim,





Top, Capt. William Wade inserts an infusion tube into a patient's hand at her home during a MEDCAP. Staff Sgt. Brian Clum holds the flashlight to assist Wade as the patient's family member looks on. Right, Capt. Jaysun Cousins examines a patient's ear at the school in Klokot/Klllokot during a MEDCAP.

# MEDCAP mission accomplished

*Story and Photos by Spc. Alicia Dill*

"Every patient deserves to have a choice of his doctor, regardless of his ethnic background," said Dr. Jelica Krchmarevic, local doctor for the village of Klokot/Klllokot.

Like many other villages in Kosovo, there is usually only one doctor available unless KFOR medical teams come to town. On Feb. 11, 2005, the Soldiers of Task Force MedFalcon went to the village of Klokot/Klllokot and held a Medical Civil Action Program (MEDCAP). With a MEDCAP, people can walk-in to a temporary clinic set up in the community and have access to free checkups in several different areas and free medicine.

When the patients first arrive at the clinic they are triaged, based on background information and vital signs and then assigned to a room based on their medical issue, said Col. Stan Flemming, commander and physician, Task Force Med Falcon. The different areas set up for checkups and treatment were medi-

cal, dental, optometry, pharmacy and preventative medicine.

The MEDCAP teams can range from 20 to 100 people depending on the size of the community and the different medical specialties available from the physicians.

One important element is to include the local civilian medical providers in the event. This increases the medical team's abilities and attracts patients of all kinds.

One important goal for TF Med Falcon is to build the bridges between the Americans and the local civilian medical providers, said Flemming.

At the school in Klokot/Klllokot, physicians from the Mother Teresa Health House in Vitina/Viti, Dr. Krchmarevic, and the Soldiers from Task Force Med Falcon all participated in the MEDCAP.

Bringing all of the different medical providers together, receiving the funding and organizing the community to participate in the event is a challenge. It is a challenge the Soldiers take on at

many levels. preparation for a MEDCAP involves a joint effort between the maneuver command, civil affairs, psychological operations, G-5 and the medical maneuver operations, said Flemming.

Other important steps are deciding which town has the greatest need and meeting with the community leaders to get permission to hold a MEDCAP, said Flemming.

After the preparation stage is the actual execution of the mission which is critical. One challenge in the Klokot/Klllokot MEDCAP was the subzero temperatures outside with only wood stoves to heat the school, said Flemming. Regardless, the event was successful in bringing out large numbers of people to the school despite the cold.

Another important element to the success of the mission was the presence of the Kosovo Protection Corps (TMK). The group was responsible for filling out the forms with the patients and transporting some of the patients to the



*See MEDCAP, page 22*

*February 23rd, 2005*

GUARDIAN

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# Giving a little more...



PHOTO COURTESY OF STAFF SGT. JAMES EWING

Staff Sgt. James Ewing, Task Force Lancer 6A converses with the local kids during a MEDCAP last rotation.

*By Spc. Lynette Hoke*

**V**olunteered, Inactive Ready Reserve, to earn college money or just drew a short straw -- Soldiers of Kosovo Force (KFOR) 6B have arrived at Camp Bondsteel in Kosovo.

The Soldiers of KFOR 6B are the first rotation that will stay for an entire year in province. The outlook of a long deployment could seem like the beginning of a 25 kilometer road march, wondering how long it will take to get to the end.

Making it to the end, Soldiers of the last rotation have finished their tour and some are signing up for the chance to do it again. More than 100 Soldiers from KFOR 6A were approved to stay in Kosovo for another rotation, according to the G1/Personnel Shop.

The mission of KFOR makes a impression on more than just the local nationals. "We are peacekeepers and we keep the peace," said Pfc. Joshua Ramirez, formerly of Task Force Shield, Alpha Company - 148, at Camp Monteith.

Ramirez was one of the Soldiers that was approved for extended orders. "I couldn't understand what all this was for but we figured that we needed to affect the individuals," said Ramirez.

Another Soldier that was approved for an extended stay in the Balkans is, Staff Sgt. James Ewing, formally of Task Force Lancer . One of the many things he enjoyed in the last six months was when he volunteered for Medical Civic Action Programs (MEDCAPs).

"At first I was leery of going outside of the wire for the MEDCAP because they always emphasized about the land mines everywhere," said Ewing. "After getting outside of the wire and helping with the services that the MEDCAP offers, it was quite liberating," he said.

"Even beyond providing a safe and secure environment -- helping with the MEDCAP, playing with the kids and giving to the community gave me a direct sense of serving a purpose," said Ewing.

For personal growth, a highlighted

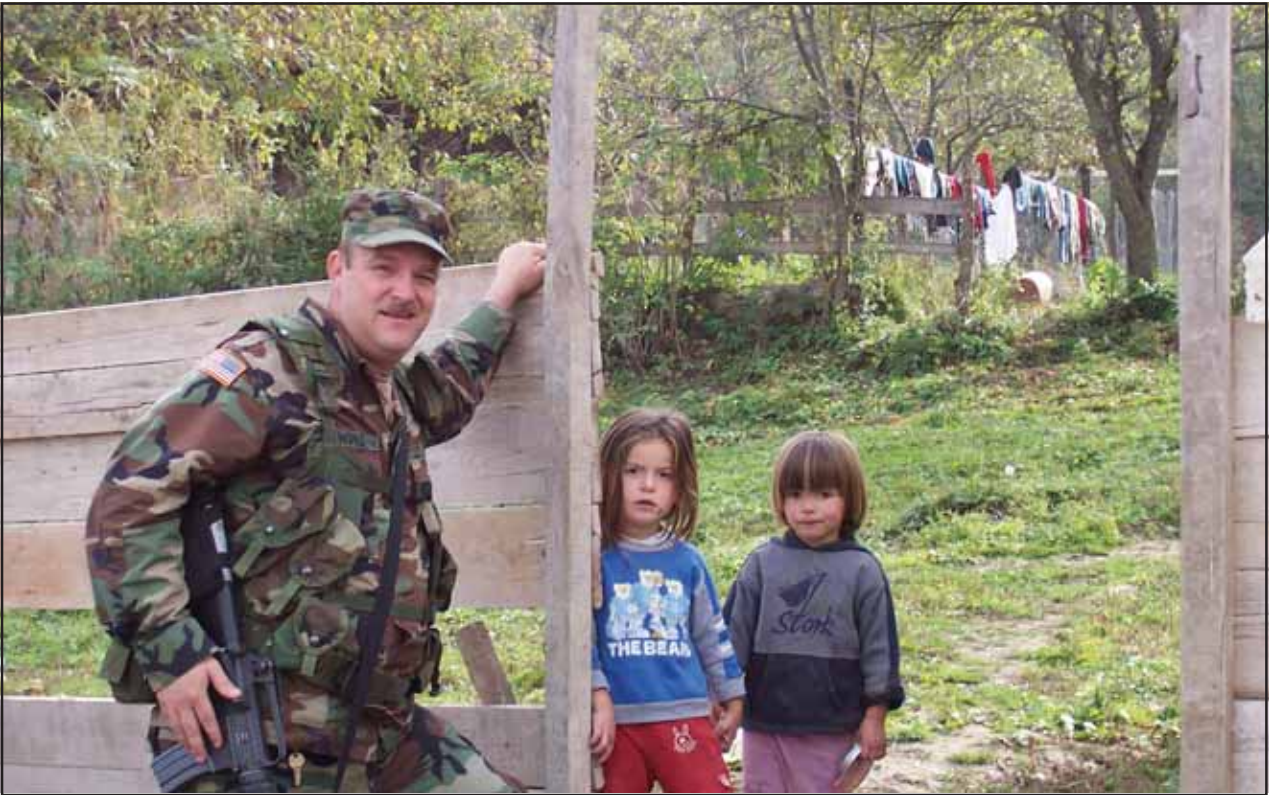
achievement for Ewing was completing the Danish Contingency road march (25K). "Completing it was half the enjoyment, chatting with Danish, Italian, German, and some other soldiers was the other half," said Ewing.

Getting deployed and extending orders was easier with supporting family and friends. "My wife is really supportive and my son realizes that he will have to wait for paintball," said Ewing.

"I am really close to my family and they will back any decision that I make that will better myself and our country," said Spc. James Heaton, driver for outgoing Command Sergeant Major, Timothy T. Dillon of Task Force Falcon. Heaton voluntarily extended his orders for KFOR for another twelve months. "My family is proud of me and they believe in what I am doing," he said.

Finding out personally what the KFOR mission meant has been an experience in Ramirez's tour. He particularly remembers interacting with a child on





Staff Sgt. James Ewing pauses for a picture with two new friends- during his 6A rotation in Kosovo.

PHOTO COURTESY OF STAFF SGT. JAMES EWING

patrol.

"He was about 12 years old and he wanted to go to America," said Ramirez. "I told him to go to school, stay in school, get a visa and maybe work with the military as an interpreter and get a visa to work in the United States," he said.

Another Soldier who enjoyed helping the locals and the interaction of the culture in Kosovo was Spc. James Heaton. "I really like helping others, and being here I am doing a great deed in helping build the morale and economy of the Kosovo locals," said Heaton.

More than just good camaraderie was present during Heaton's rotation. The most memorable person he encountered was his boss, Command Sgt. Major Terry T. Dillon. The Senior NCO has over 40 years of military service and 23 years were spent in Special Forces. "I have learned so much from him that will mold me to be a better Non-Commission Officer and leader of Soldiers," said Heaton, "After this mission he is going to retire and the Army will be losing a great Soldier... his knowledge and wisdom though will carry on with lots of Soldiers even though his presence won't."



PHOTO BY SPC. LYNETTE HOKE

Spc. James Heaton, Task Force Falcon, stops for a photograph at Camp Bondsteel.

Soldiers of KFOR 6B are already preparing to keep up the same advancements and progress as their predecessors.

"I look forward to the chance of

working with the local people, implementing the KFOR mission and helping the future NCO's have the strength, integrity and personal courage that American Soldiers known world wide for," said Sgt. Derek A. Fong, KFOR Operations NCO for the Joint Visitors Bureau on Camp Bondsteel.

"I look forward to working to continuing the work our previous KFOR 6A has done," Sgt. First Class Brian K. O'Neal, G1 Non-Commission Officer in Charge for 6B, "I desired to see the outcome of a stable and secure environment with the transfer of authority to local government."

Overall, Soldiers like Heaton found the objectives of KFOR was relevant when he went out on missions. "Our presence here gives the people of Kosovo hope that one day they will be able to enjoy all the freedoms that they deserve," said Heaton. "This place has improved so much since we have been here and they are coming along so well."

## MEDCAP (Continued from Page 19)

doctors, said Albert Vishi, TMK commander.

Several things are accomplished when all of these volunteers come together for the good of the community. One is the transition of civil authority by improving a collaborative effort between the medical providers for the community and the United States KFOR medical providers, said Flemming.

Krchmarevic's role in the community is very influential, as the only doctor who has worked in the area for many years. By her participation in the Med CAP, patients, can come together with KFOR soldiers and still feel the presence of their community doctor.

"I think I am doing a good thing because I have been a doctor in the area for over 20 years and know many patients," she said. "I know their sicknesses."

MedCAPs and participation with K-4 soldiers has brought financial help and a unique opportunity back to Krchmarevic.

"KFOR helped us when we needed it the most," she said. "They got us a generator, an electrocardiogram, medical supplies and many other things."

Krchmarevic has participated in several MEDCAPs with the KFOR soldiers some in which the majority of the population is Albanian and she is Serbian. Many of her patients had not seen her since 1990 when she worked as the director for the Health House in Vitina/Viti.

"Because of these MEDCAPs many (Albanian patients) have started coming to the village of Kolcok to see me and they are patients once again," said Krchmarevic.

The success of the MEDCAPs serves a bigger purpose than just free medical care and medicine. The Soldiers who help the community have a opportunity to project the goals of the command.

One way the Soldiers can make the streets of Kosovo a safe and more secure environment is to treat the bodies of the people and in turn warm the minds to a greater unified community.

"We know that the communities that have good health are prosperous and tend to be a safer community to live in," said Flemming. "Through one patient at a time we are able to improve the quality of life for Kosovo".

## PsyOp (Continued from Page 15)

is to *not* see a repeat of the violence like last year here in March," Ritterbeck said. "I would like to see some sort of closure to the violence that has occurred over the past five years," he said. "I would like to see all the people come together, especially the kids, to bring an end to any violence."

Long-term goals are in keeping with the same goals for KFOR and for all the people of Kosovo. "Once again, the most positive effect the Task Force can have is with the younger generation,"

Ritterbeck said, "At the same time,

we as Soldiers, represent to them what is America. I would like to see more K-Serbian and K-Albanian students playing inter-ethnic soccer games, and to have those kids think, 'this is no big deal; we can play soccer with one another,'"

"One thing that the Task Force does for all the people is give them a sense of rederick.

"For this time in their lives, more often than not, we're out there, they love us being here for the simple reason that we make them feel safe," he said. To contact 321st PsyOp, email kingfe@soc.mil

## ARMY (Continued from Page 11)

hummer all night while it's raining, but even that's not so bad because we can laugh about it later.

### How has the army helped you?

The Army has showed me the world outside of Ohio and helped me forget the petty things that I used to think were important. Now I see the big picture.

I would have to say the Army has helped my confidence by letting me train others.

I have been to the Junior Readiness Training Center and I have assisted in training other units that were deploying to other countries.

*"One thing that the Task Force does for all the people is give them a sense of security," said Frederick.*

### Do you think that the Army has prepared you to be successful in your life?

Yes, and I think the Army will prepare anybody to be successful.

It puts you in situations where you sink or swim and that helps you learn to adapt.

**What words of wisdom would you offer to someone thinking of a career in the Army?**

Make sure you are doing what you want. Don't let anyone talk you into doing something else. Research it and look into the job you want.

Don't just settle for something. You can make the Army a good experience. ★

## DSN (Continued from Page 10)

have a more powerful wireless network card, you are more likely to be able to receive with the internet signal.

"The subscriptions won't be filled until I am satisfied with the service that the Soldiers and customers are receiving," said Mark Stanley, Army Air Force Exchange Service (AAFES) Business Manager, "Although, people must remember that this is a pioneer project, there wasn't any kind of wireless service offered on Bondsteel until a month ago." AAFES is responsible for bringing DSN to Camp Bondsteel.

A solution to the problem will be to amplify, or increase the signal power that comes from your laptop. Most wireless cards are about 30 milliwatts. DSN technicians recommend a card of 200 milliwatts or more. Cards are available for purchase though AAFES or other internet retailers. An example of a rec-

ommended card is the PCMCIA card -- EnGenesis 2511 CD Plus.

Always make sure your wireless card is on when trying to connect to the network. Another troubleshooting solution when you're experiencing problems is to place your laptop as close as possible to a window, according to DSN technicians. If you use an access point or bridge as wireless client, place it close to a window to achieve the best signal.

With any connection used on Camp Bondsteel or Monteith, keep in mind a good hacker can see almost anything they want to, said Spc. Robert Wiley, Task Force Falcon 6A, G6 section. Soldiers should be reminded of operational security and should keep their virus and firewall programs updated. A free download is available on Army Knowledge Online. Questions contact Alex at Camp Bondsteel at 781- 4926. ★



# American Heritage

Many Americans will celebrate another New Years this year. February 9th marks the start of the Spring Festival known as the Chinese New Year.

The Chinese calendar has been in use for centuries, which predates the International Calendar, based on the Gregorian Calendar, we use at the present day. This calendar goes back only some 425 years. The calendar measures time, from short durations of minutes and hours, to intervals of time measured in months, years and centuries. It is entirely based on the astronomical observations of the movement of the Sun, Moon and stars. By the Chinese calendar, it is the year 4702.

This New Year is known as the Year of the Rooster. There are 12 animal names used like a mascot to identify the years. Year names are re-cycled every 12 years.

The Spring Festival is held on the first day of the first month of the lunar calendar and will last for 15 days. This day falls in late January or mid February. People will travel long distances to be with their family at this time.

There are many traditions associated with Chinese New Year. In the days leading up to Chinese New Year, people will thoroughly clean their houses, repay debts, cut their hair, and buy new clothes. On the last day of the old year, families get together for a large meal. In many parts of China a sticky-sweet glutinous rice pudding is served (nian gao), and in other parts they serve steamed dumplings (jiaozi). The family stays up late talking and at midnight, they will set off firecrackers to drive away evil spirits and greet the New Year.

The next morning people put on their new clothes and visit their friends and relatives to wish them a happy and prosperous new year. Visitors are served sweet meats, melon seeds, fruits, and delicacies like puffed rice cakes, dumplings, and deep fried round doughnuts. The visitors will give a red packet (Hongbao) to all the unmarried children of the family before leaving. There are parades held at this time with lion and dragon dancing.

Much superstition is followed on Chinese New Year. The lights on the porch and in the parlor are not turned off on New Year's Day. The house is not swept during the first week of

New Year's in fear of sweeping out the good fortune. No knife is used, even for cooking. No arguing or words with bad connotations are to be used (defeat, illness, operations, coffin, death).

People are very careful with dishes because a broken dish on New Year's Day will indicate bad luck for the coming year.

During Chinese New Year, people decorate their homes in many ways. Red is a lucky color symbolizing luck and wealth. Red decorations will be seen throughout the home. Doors are decorated with vertical scrolls that have sayings meaning good luck. The living room is decorated with pomelos, oranges, and tangerines. The golden color of these fruits symbolizes money is thought to bring fortune in the New Year.

There is one story that is commonly told around Chinese New Year. It is the story of a beast called Nian. It is said that on the last day of the 12th lunar month when food was scarce, he would invade villages to eat human beings and beasts because he was hungry. The people did not like this and were scared of the Nian. On one

New Year's Eve, the Nian came to a village and accidentally encountered two boys who were seeing who could crack their whip the best. The Nian was so scared by the cracking sound that it ran away forever. It came to a second village where two red gowns hung up on a door to dry and it was scared away again. It came to a third village and this time it was frightened

away by lights. The people learned that the Nian was afraid of three things...noise, the color red and light. To defend themselves against the Nian, they devised many methods that found their way into the customs observed at the Chinese New Year.





# Parting Shots

PHOTO BY SPC. ALICIA DILL

